



**I have Autism
and may need
some extra help**



**Where is the
washroom?**



**I need a
moment to
calm**



**Breathe
to stay calm**



I am hungry



I am thirsty



I need your
help please



I don't know
what to do
now



Where should I
be now?



I'm confused



Please speak
slower for me



Please can you
repeat that